Supplementary Materials

I.   **Personal point of view**

    Introduction: age, sex, country, profile

    Personal history: Please tell me the story of your medical condition.

    Digital health practices:

    What roles do technologies you use and data you measure have in your care?

    Why do you use these technologies? or: why did you start using these technologies?

    How would you define an e-patient? Would you call yourself an e-patient?

II.   **Digital health and empowerment from the patient point of view**

    What are your primary sources of healthcare information? What would you recommend for a patient suffering from a similar disease, where should they get their information from?

    Which sources of information shouldn't they trust and why?

    Name five things which empower the patient!

    In your opinion, what needs do empowered patients have?

III.   **Doctor-patient relationship**

    Does your caregiver use digital health devices/ services? If yes, which kind?

    Does your caregiver encourage you to use digital health? In what way? Please personal example your medical history!

    What do you need the most from your physician?

    What is your relationship like with your physician? How would you describe your relationship with your physician?

    What is a usual meeting with your physician is like?

    How do you communicate (if at all) when you don't meet in person?

How is a decision regarding your care usually made?

IV. Digital health and e-patients from the physician point of view

How do you think physicians relate to empowered patients? What might be some challenges and advantages from their point of view?

Do you think physicians are prepared for e-patients and their needs?

How can doctors help this process?

How do you think digital health technologies can contribute to doctor-patient meetings?

V. Digital health and the future

How do you imagine the average patient of the future?

How will an average doctor-patient visit look like in ten years?

What will be the most decisive changes in a doctor-patient relationship?

How will the e-patient movement alter the healthcare system?

Is there anything you wish to add?